



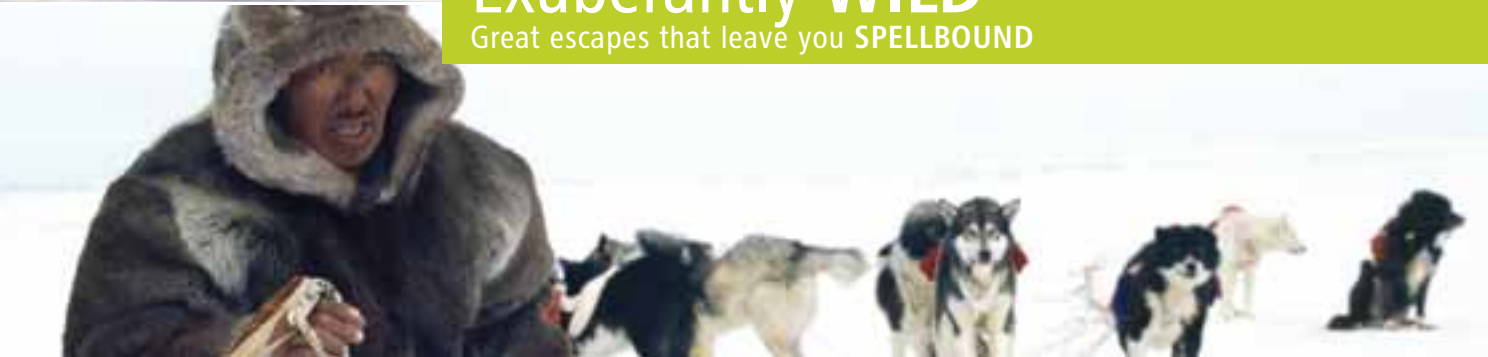
Québec

Providing emotions since 1534



Exuberantly WILD

Great escapes that leave you SPELLBOUND





Sent in search of gold by the king of France, Jacques Cartier set foot in Québec in 1534 and discovered so much more:

Stretching more than 1,600,000 km² (640,000 square miles) across northeastern North America, Québec invites you to feast on its playful energy and the breathtaking diversity of its wide-open spaces. Its Native, French and English heritage grooves to the continent's cosmopolitan beat while keeping time to a multitude of international rhythms.

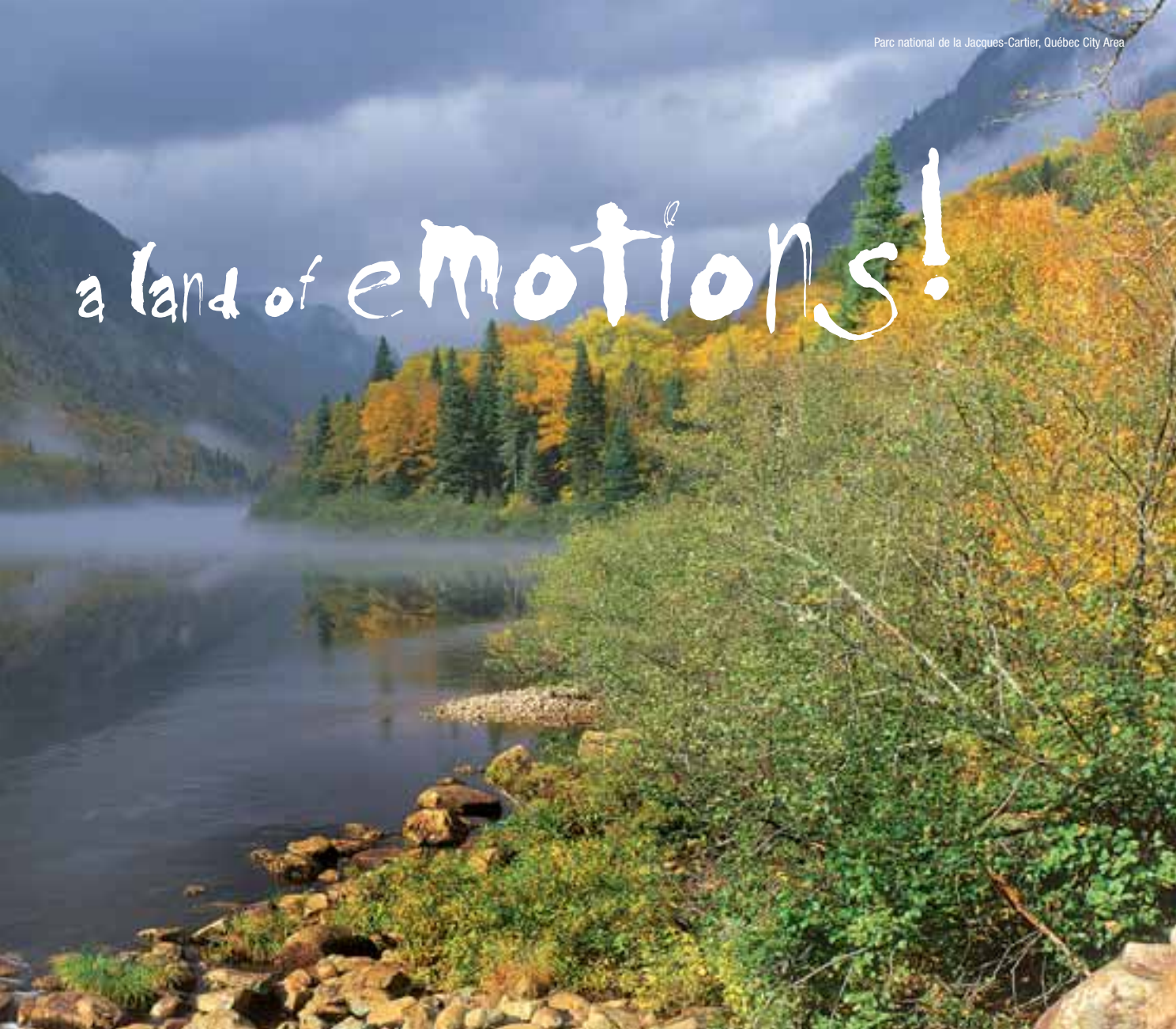
Here, time dresses up in a colorful four-season wardrobe, vibrant cities and picturesque villages envelop themselves in nature's extravaganza—fertile valleys draped in autumn hues or winter white, untouched forests, craggy mountains bearing the signature of the millennia. Here, thousands of winding rivers and countless pristine lakes interlace and delight. Here, one of the world's most magnificent rivers dons the airs of an ocean.

Imagine the stillness of a sunrise on a mist-shrouded lake. Picture the magic of a moose and its calf drinking at the water's edge, the loud slap of a beaver's tail and the irresistible call of the loon, Québec's regal monarch of the waters—sights and sounds that stir every adventurer's heart! Quebecers' unique passion and spirit are fuelled by the wildlife roaming their land and the Native and Inuit legends whispering in the forests. Raised on tales of the New World's first inhabitants, Quebecers love to pick up their paddles, skis or snowshoes, and revel in the wide-open spaces of this breathtaking playground. Laid-back excursions, hard-core expeditions or long-distance treks, today's "explorers" adore Québec—

every adventure exuberantly wild!



a land of emotions!



Nunavik



Red-throated Loon



Parc national des Hautes-Gorges-de-la-Rivière-Malbaie, Charlevoix

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Straight to the heart of an



expansive nature

Space as far as the eye can see. Rugged landscapes that molt with the changing seasons, tempting you with an astounding array of outdoor activities. Long rivers meander forever, or suddenly hurtle into waterfalls, only to be gently lulled to sleep in fish-filled lakes. Not one but two majestic mountain chains, the Laurentians and the Appalachians, endless forests and bountiful game, drift off into the Arctic or curl up to the Atlantic coastline, while spectacular parks display the treasure troves of a prolific nature.

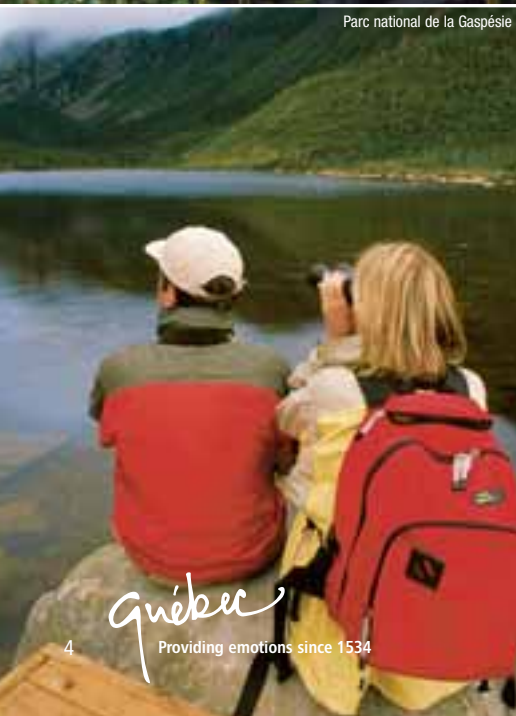
A land of gigantic experiences and emotions, Québec's middle name is adventure. **Natural wonders galore excite the senses**, beguiling the boldest enthusiasts. Drink your fill of fresh air and exhilarating sensations, or recharge your batteries in the stillness of an untouched nature, summer and winter alike!

Summer pleasures

In this vast land of green and blue, paddling is second nature and dreams of freedom come true. Endless coastal waters shower sea kayakers with adventure and fun, while whitewater rivers soak avid paddlers in adrenaline-pumping thrills. Rafting excites laughter and smiles in lakes and rivers that number in the thousands, bringing out the explorer in everyone.



Parc national de la Gaspésie



Québec also spells paradise for hikers, with hundreds of kilometers of scenic trails crisscrossing valleys, mountaintops and forests full of hidden riches. A must-see, the magnificent Parc national du Saguenay awaits with its many breathtaking views of North America's second longest fjord. Sleep outdoors on a mountain peak and gaze in awe at the shooting stars and northern lights, the silence broken by the howl of a lone wolf. The more than 600-kilometer Québec portion of the International Appalachian Trail winds through green forests and high summits, treating you to spectacular glimpses of the legendary St. Lawrence River.

Winter wonders

For a truly memorable thrill, drive a dogsled team across a powdery white landscape, working in total harmony with man's best friend. When the dogs start prancing with excitement and impatience, simply shout "Mush" and away you go! With family and friends, explore Québec's 33,700-kilometer (20,900-mile) network of groomed snowmobiling trails, cruising by picturesque cities and villages, smiles broadening and laughter echoing all the way. Or clip on snowshoes, cross-country or telemark skis to discover a land seemingly made for giants, while ice climbers boldly scale frozen waterfalls, riveting spectators in their tracks!



Québec City Area



Parc national de la Gaspésie




Charlevoix



Parc national du Mont-Tremblant, Laurentides

Room to roam

Here, a multitude of hunting and fishing lodges and fabulous resorts dot the land, offering accommodations for every budget and taste, from rustic log cabins to luxury forest inns.



Lucky, you say? Québec boasts numerous national parks, some sitting at city doorsteps, others tucked away in the backcountry, all standing guard over spellbinding natural beauty. Four are particularly spectacular: the Saguenay–St. Lawrence Marine Park, where an exceptional fjord meets a mighty river; Miguasha Park, a UNESCO World Heritage Site renowned for its outstanding fossils; the Grands-Jardins Park, where herds of migrating caribou roam; and Hautes-Gorges-de-la-Rivière-Malbaie Park, home to the deepest gorges east of the Canadian Rockies. The latter two parks are located within the fabulous Charlevoix Biosphere Reserve, while all four zones preserve unique ecosystems, beckoning visitors to delight in a wealth of natural treasures. Whether you're after the relaxing calm of an idyllic setting or out to push the envelope in your favorite sport,

Québec's parks overflow with unforgettable experiences.



Proud protector of the environment, ecotourism opens the door to **unspoiled natural jewels**, attracting a growing number of enthusiasts from around the world.



A fabled people living in a modern world, Québec's 11 Aboriginal nations keep their traditions alive. To encounter these first inhabitants in their villages or in nature is to understand their indelible mark on our collective imagination and to catch wind of their secrets for surviving in this northern land. To become acquainted with their history and age-old legends is to enter an **authentic world, full of warm, hospitable people** whose ways have always matched the rhyming of the seasons and respected the forces of nature. Experience a lifestyle full of ancient traditions, a refuge for worn-out city dwellers, a dream come true for ecotourists!

Outdoor flavors

A fresh-air feast awaits you in Québec! Fishermen savor the day's catch cooked on the edges of a stream, hikers indulge in a banquet of blueberries prepared Native American style and, deep in the forest, gastronomic havens enchant one and all. On the menu today, roast duck, pan-seared deer filet, partridge sautéed with wild mushrooms, lemon and basil trout, tartar of arctic char, steamed fiddleheads, a pot luck roasting over an open camp fire, wild berries and an abundance of other mouthwatering delicacies.

Everything tastes better outdoors!



Laurentides



Lanaudière



A Celebration of Nature



Laurentides

Quebecers' renowned passion for fun and nature takes center stage at a host of exciting festivals. From powwows, fishing derbies and events dedicated to camping, hunting, fishing or ecotourism, to snowmobile races, dogsled chases, adventure raids and cross-country ski endurance contests, Québec loves to party all year round!



Outaouais



Outaouais



Quick, get my camera!

The ultimate reward of an odyssey in the great outdoors? The sight of a small arctic flower flourishing between tundra and rocks, a stag or caribou confidently sauntering along a steep trail, or baby eagles peeking out from their nest. The perfect companion on such breathtaking journeys, a camera immortalizes each captivating moment, transforming every traveler into a gifted photographer!





White-tailed Deer

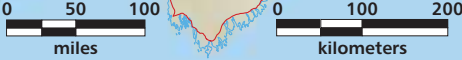


Snow Geese



For a detailed guide to the entire road system, pick up a copy of the *Québec Official Road Map*, published by Publications du Québec.

- Legend**
-  Major airport
 -  Other airport
 -  National park
 -  Saguenay–St. Lawrence Marine Park





Distances

	Montréal		Québec City		Gatineau/ Ottawa	
	km	mi.	km	mi.	km	mi.
Boston	510	315	645	400	756	470
Buffalo	635	395	895	555	579	360
Chicago	1365	847	1620	1005	1195	743
Hartford	529	330	780	485	727	452
New York	605	378	870	540	830	516
Philadelphia	760	465	1010	620	732	455
Toronto	525	325	775	480	393	244
Washington	965	600	1210	752	914	568

TOURIST INFORMATION

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AVERAGE MINIMUM AND MAXIMUM TEMPERATURES

	January		April		July		October	
	°F	°C	°F	°C	°F	°C	°F	°C
MONTRÉAL	5/21	-15/-6	34/52	1/11	59/79	15/26	39/55	4/13
QUÉBEC CITY	1/17	-17/-8	29/46	-1/8	55/77	13/25	36/52	2/11

IMMIGRATION AND CUSTOMS FORMALITIES

Visitors from any country except the United States must carry a valid passport. American citizens need only proof of citizenship such as a birth certificate and an identity card that includes a photo. Visas are required for visitors from certain countries. It is always advisable to check with the Canadian consulate or embassy before setting out for Québec.

For more information, look under
Useful tips on our website:
bonjourquebec.com



WHEELCHAIR ACCESS

For information regarding hotels, restaurants and tourist attractions in Québec with wheelchair access, contact Kéroul at (514) 252-3104 (www.keroul.qc.ca).

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Providing emotions since 1534

Québec serves up four unique experiences, shaped by four breathtaking seasons and four distinct rhythms, moving across land, water and sky: *Intensely Urban*, *Sublimely Resortful*, *Passionately St. Lawrence*, *Exuberantly Wild*. Choose, discover, explore, savor... Québec!

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